

NOTICES

Spring Weekend Gathering: Whirlow Grange, Sheffield, 28 - 30th March 2003

Shrewsbury Friends Meeting House: Talk on healing by Joolz Saunders.
Sat. 12th April 2003

QSH Healing Training Courses: Lattendales 26 - 30 May 2003 and
Claridge House 6 - 10 October 2003.

QSH Support Group Weekends: Lattendales 20 - 22 June 2003 and
Claridge House 12 - 14 September 2003.

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# TOWARDS WHOLENESS

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FRIENDS FELLOWSHIP OF HEALING  
(A QUAKER GROUP)

"Light to hold us - Light to heal"



Britain Yearly Meeting

Summer Gathering

main session

MONDAY 28 JULY 2003

"Transforming Light"

Introduced by members of FFH

All our inner strengths reveal"

**TOWARDS WHOLENESS** is published in March, July and November. The minimum subscription is £7 per calendar year for Europe and Commonwealth countries, for other overseas countries **£10 Sterling only**. Cheques, payable to **Friends Fellowship of Healing**, should be sent to the membership secretary, Ruth Martin, 96 Busbridge Lane, Godalming, Surrey GU7 1QH. Email: Ruth.Quakerhealer@tesco.net

US members please contact our agent, Richard Lee, 1201 Walsh Street, Lansing, MI 48912. Tel: (517) 485-4268 Email: leer@msu.edu regarding payment via him.

Donations for the work of the Fellowship are most welcome.

Letters, articles, news items and other contributions for *Towards Wholeness* should be sent to the editor, Rosalind Smith, 11 Beacon Hill, Dormansland, Surrey RH7 6RQ. Email: RosSmith@btinternet.com **Deadlines: February 1st, June 1st and October 1st.**

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## NEWS

**FFH Spring Gathering** – at Whirlow Grange, Sheffield, 28th-30th March 2003. The title will be *'Uncomfortable Emotions'*, led by Diana and John Lampen, who say, "It may sound a gloomy topic, but we usually manage to have a lot of laughter and fun in our workshops". Cost of the weekend is £105, (also see page 4). *Bookings with £20 deposit (cheques to be made out to the Friends Fellowship of Healing) to Fran Woolgrove, Thirlestane House, Kelso, Scotland TD5 8PD. Tel: 01573 420695.*

**Shrewsbury Friends Meeting House.** Talk on healing by Joolz Saunders. Sat. 12th April 2003, p.m. (Complementary therapies will be covered in the morning.)  
**QSH Healing Training Courses** – Mon-Fri 26th-30th May 2003, at Lattendales. & Mon-Fri 6th-10th October 2003, at Claridge House Led by Leonora Dobson and Rosalind Smith.

**Quaker Spiritual Healers' Support weekends** – 20th-22nd June 2003, at Lattendales, and 12th-14th September, 2003, at Claridge House.

**Summer Gathering** – Saturday 26th July-Sat. 2nd August, at Loughborough.

The **AGM of the Friends Fellowship of Healing** will take place at 1pm. on Saturday 3rd May at Friends House during **BYM**. (Any change of venue will be advertised in *The Friend*.)

As in previous years we are asking those Friends who are healers and/or counsellors to consider whether they could offer an hour or so during the weekend. We also need people who are willing to man the FFH bookstall for short spells, too.

In addition to this we shall be offering a healing/counselling service at the **SUMMER GATHERING**, 26th July – 1st August, 2003, at Loughborough. Again, Friends who intend to be there and can help with this are greatly encouraged to offer their services.

Please contact Rosalind Smith (01342 833151) if you would like to help with any of these requests.

## POSTAL LIBRARY

Due to personal circumstances, Joan King has decided that she cannot continue to be our Postal Librarian. But during her time in that post she has undertaken a sterling work in producing an excellent Postal Library Catalogue, which is all on computer and can be readily updated. A current copy of this is available – please send an s.a.e. to her successor, Tony Steel-Cox (address on back page). We would like to thank Joan for all her work, and wish her well in the future.

Tony Steel-Cox is a member of the FFH Committee, also a full healer member of the QSH. He has facilitated many courses on self-healing and related subjects at Claridge House.

The newly formed **Quaker Fellowship for After-Life Studies** have booked the Margaret Fell Room at the Quaker International Centre, Byng Place, as a meeting place for members and those interested in finding out more, during the time of Yearly Meeting.

Founder members of the group, including David Britton, Angela and Martin Howard, and Rosalind Smith, will be on hand between 5pm and 6 pm on Saturday 3rd May to chat informally over tea. There will be an introductory talk and business meeting (mainly to approve the new constitution and elect the first committee) at approx. 4.30 pm. Literature will be on sale. Please come if you can. The Margaret Fell Room is at the top of the stairs on the first floor.

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THE LANDSCAPE OF GOD'S LOVE

*You are my quiet pool,
where I float, finding refreshment.
The shock of tumbling, cascading waters,
sparkled-through by sunlight,
takes my breath away, but brings exhilaration.*

*Do you need to shock me, Lord
so I take notice that you offer my jaded spirit
both brightness and peace?
So, I may leave this pool and
rest in scented meadows, soothed
by birdsong, murmuring bees and leaves whispering.
Lord, Your voice is in all these things, saying:-*

*“Rest in me, I will cradle you, my child,
for the while you need to rest.
Step from the world's demands and harshness
into the wide landscape of my love –
further than your eye can see.
There is no veil to separate this and me”.*

*Lord, always take the mist from my eyes
as I reach for You or drift in ebb-flow.*

Meg Dixon

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**SUMMER GATHERING – 2003**

Summer Gathering is a focal point for Friends in Britain and beyond, offering a unique combination of fun, spiritual enrichment, a huge variety of activities for body and mind – and, of course, the chance to meet old friends and make new ones. **Summer Gathering 2003** will be at **Loughborough University**, between 26th July and 2nd August. The theme of the Gathering will be **‘light:FANTASTIC!’** and many of the options, plus each of the morning main sessions will be planned around this theme.

The FFH will be holding the main session on Monday 28th July, which is entitled **‘Transforming Light’** and it will be introduced and facilitated by members.

Summer Gathering is an event in which Friends should feel inspired, challenged, nurtured; where they are able to give and receive; where there is an opportunity for each participant to create the right balance for themselves between involvement and taking time out to be. Worship will be an important element of the Gathering, and one of the aims of the week is to enable participants to witness creatively to the Quaker vision of worship permeating all our activities.

Since it started, Summer Gathering has gained a reputation as being particularly family-centred in its widest sense, welcoming not only families and children, but also all those who arrive on their own, of whatever age; and ensuring that everyone feels included in the larger community that is the Gathering itself.

It is possible to be ‘non-resident’ by filling in the application form and paying the Gathering fee of £175 for the week. There is no arrangement for day visitors as the Planning Committee feel it is important to attend the whole 7 days of the Gathering. However, ‘day helpers’ who are prepared to help with jobs, like serving tea and coffee and serving at the Traidcraft shop will be most welcome and will be able to get a taste of what is going on. If you wish to be a ‘day helper’, please tell Karl Gibbs, in Friends House, who is secretary to the Planning Committee.

**BURSARIES FOR SUMMER GATHERING**

In many cases Monthly Meetings have put a sum of money aside to help with bursaries for Friends attending Summer Gathering. Friends who want to attend but find that it is beyond their means are encouraged to use this source of funding - and apply in good time via their overseer. It is important for folk not to be put off attending because of lack of funding. Most MMs have put monies aside for this purpose.

It is simple: ask your overseer who will then forward and support your claim to your MM Treasurer.

## LATEST NEWS FROM LATTENDALES

Readers of *TW* will be familiar with the wonderful record of Joan and David Ellison as wardens of Lattendales over the past thirteen years, and many have experienced for themselves the unobtrusive support and care offered by the wardens and their staff. In January Joan and David entered upon a well-earned retirement. At an informal tea, attended by guests reaching back to 1972, staff members past and present, and other friends of Lattendales, a cheque was presented to Joan and David as a practical expression of our gratitude.

The new wardens, John and Vivien Cran, are now in post and busy preparing for the new season. They tell us:

*“John was born in a small fishing village north of Inverness and has travelled widely in his career in the hospitality industry. He came to Edinburgh fourteen years ago for a week’s holiday and stayed. Going back to school, he graduated in the year 2000 with a Bachelor of Divinity degree.*

*Vivien was born and brought up in Newcastle upon Tyne where she assumed she had completed her education at Newcastle University, but has been learning ever since. A change of career took Vivien from nursing into administration. Her fascination is with the created world and her talents will, hopefully, blossom in the garden.*

*Recently we worked for a year on Iona on behalf of the Iona Community. We are totally different, John is outgoing and Vivien is quiet. However, we seem to complement one another and hope that the combination of a Highlander and a Geordie will prove of use in the running of Lattendales.*

*“We are both members of the Scottish Episcopalian Church. We are looking forward to finding out more about Quakers and to working alongside them. And we are looking forward to becoming part of the unique ministry that is Lattendales.”*

The trustees feel sure that John and Vivien will be welcomed by returning guests, and by all with whom they come into contact including local Friends.

*Alan Russell*



*John and Vivien Cran – Lattendales’ new wardens*

## THE FULLNESS OF JOY

*Jack Dobbs*

At one of our recent Meetings for Worship the word ‘Joy’ became the focus of the ministry. A Friend had wondered why it is that we are hesitant to express outwardly the joy that we experience inwardly during our silent worship? Why, on leaving Meeting, are we so reticent to share it with others or let them know its source? And are there times after Meeting when we find it difficult to maintain this sense of joy as we go out to face the sorrows and tragedies of the world around us?

During a period of great persecution George Fox wrote to strengthen the faith of his fellow Quakers who were suffering severely, but who amongst their sufferings had nevertheless ‘found... the ground of all true rejoicing and joy’ – the one thing that would last for ever. (*Epistle 194, 1660*). He exhorted them to ‘keep in the Spirit, Truth and Power of the everlasting God’. There they would come to know ‘that which cannot be shaken... the true Joy’. (*Epistle 245, 1666*).

The message of the Psalmist of the Old Testament is similar – that such a true joy can be found wherever God’s presence is experienced. ‘In your presence is the fullness of joy’, he sang – words which in the Jerusalem Bible’s translation become a prayer: ‘give me unbounded joy in your presence’. (*Psalms 16.11*).

The word ‘joy’ is, of course, used to describe a variety of pleasurable feelings such as gladness, great happiness and delight. But the true joy of which Fox and the Psalmist spoke is of a quality more profound and permanent than any of those. It is not of our creation – rather is it a gift of grace, which may come to us unbidden when we least expect it and perhaps have little reason to feel joyful. In *Quaker Faith and Practice (26.06)* Rufus Jones recounts the experience of John Wilhelm Rowntree when he was told by his doctor that he would become totally blind before he had reached middle age. Shattered, he stood for some time in silence, and then quite suddenly he ‘felt the love of God wrap him about as though a visible presence enfolded him, and a joy filled him, such as he had never known before’.

A personal experience of this intensity may be known to only a few of us, but the witness to its existence assures us all that within the darkness by which we sometimes feel surrounded there is the light of a loving presence – the source of true and lasting joy. Once we have experienced that joy, whether it bursts upon us unsolicited during a period of special need, or arises from the depths of our regular Meeting for Worship, we know with certainty that it is always available to us, distant though it may occasionally appear.

With such a priceless knowledge can there be any place for our hesitation or reticence in sharing it? 📖

## THE DAFFODIL PRINCIPLE

J. A. Edwards

Several times my daughter had telephoned to say, "Mother, you must come and see the daffodils before they are over." I wanted to go, but it was a two hour drive from Laguna to Lake Arrowhead. Going and coming took most of a day and I honestly did not have a free day until the following week.

"I will come next Tuesday," I promised, a little reluctantly, on her third call.

Next Tuesday dawned cold and rainy. Still, I had promised, and so I drove the length of Route 91, continued on I-215, and finally turned onto Route 18 and began to drive up the mountain highway. The tops of the mountains were sheathed in clouds, and I had gone only a few miles when the road was completely covered with a wet, grey blanket of fog. I slowed to a crawl, my heart pounding. The road becomes narrow and winding toward the top of the mountain. As I executed the hazardous turns at a snail's pace, I was praying to reach the turnoff at Blue Jay that would signify I had arrived.

When I finally walked into Carolyn's house and hugged and greeted my grandchildren I said, "Forget the daffodils, Carolyn! The road is invisible in the clouds and fog, and there is nothing in the world except you and these darling children that I want to see bad enough to drive another inch!"

My daughter smiled calmly, "We drive in this all the time, Mother."

"Well, you won't get me back on the road until it clears and then I'm heading for home!" I assured her.

"I was hoping you'd take me over to the garage to pick up my car. The mechanic just called, and they've finished repairing the engine," she answered.

"How far will we have to drive?" I asked cautiously.

"Just a few blocks," Carolyn said cheerfully. So we buckled up the children and went out to my car. "I'll drive," she offered. "I'm used to this."

We got into the car, and she began driving. In a few minutes I was aware that we were back on the Rim-of-the-World road heading over the top of the mountain.

"Where are we going?" I exclaimed, distressed to be back on the mountain road in the fog. "This isn't the way to the garage!"

"We're going to my garage the long way," Carolyn smiled, "by way of the daffodils."

"Carolyn," I said sternly, trying to sound as if I was still the mother and in charge of the situation, "please turn around. There is nothing in the world that I want to see enough to drive on this road in this weather."

"It's all right, Mother," she replied with a knowing grin. "I know what I'm doing. I promise, you will never forgive yourself if you miss this experience."

And so my sweet, darling daughter who had never given me a minute of difficulty in her whole life was suddenly in charge and she was kidnapping me! I couldn't believe it. Like it or not, I was on the way to see some ridiculous daffodils, driving through the thick, grey silence of the mist wrapped mountaintop at what I thought was risk to life and limb. I muttered all the way!

After about twenty minutes we turned onto a small gravel road that branched down into an oak filled hollow on the side of the mountain. The fog had lifted a little, but the sky was lowering, grey and heavy with clouds.

We parked in a small parking lot adjoining a little stone church. From our vantage point at the top of the mountain we could see beyond us, in the mist, the crests of the San Bernardino range like the dark, humped backs of a herd of elephants. Far below us the fog shrouded valleys, hills, and flatlands stretched away to the desert. On the far side of the church I saw a pine needle covered path, with towering evergreens and manzanita bushes and an inconspicuous, hand lettered sign "Daffodil Garden".

We each took a child's hand, and I followed Carolyn down the path as it wound through the trees. The mountain sloped away from the side of the path in irregular dips, folds, and valleys, like a deeply creased skirt. Live oaks, mountain laurel, shrubs, and bushes clustered in the folds, and in the grey, drizzling air, the green foliage looked dark and monochromatic. I shivered. Then we turned a corner of the path, and I looked up and gasped.

Before me lay the most glorious sight, unexpectedly and completely splendid. It looked as though someone had taken a great vat of gold and poured it down over the mountain peak and slopes where it had run into every crevice and over every rise. Even in the mist-filled air, the mountainside was radiant, clothed in massive drifts and waterfalls of daffodils.

The flowers were planted in majestic, swirling patterns, great ribbons and swathes of deep orange, white, lemon yellow, salmon pink, saffron, and butter yellow. Each different coloured variety (I learned later that there were more than thirty five varieties of daffodils in the vast display) was planted as a group so that it swirled and flowed like its own river with its own unique hue. In the centre of this incredible and dazzling display of gold, a great cascade of purple grape hyacinth flowed down like a waterfall of blossoms framed in its own rock lined basin, weaving through the brilliant daffodils.

A charming path wound throughout the garden. There were several resting stations, paved with stone and furnished with Victorian wooden benches and great tubs of coral and carmine tulips. As though this were not magnificence enough, Mother Nature had to add her own grace note above the daffodils, a bevy of western bluebirds flitted and darted, flashing their brilliance.

These charming little birds are the colour of sapphires with breasts of magenta red. As they dance in the air, their colours are truly like jewels above the blowing, glowing daffodils. The effect was spectacular. It did not matter that the sun was not shining. The brilliance of the daffodils was like the glow of the brightest sunlit day. Words, wonderful as they are, simply cannot describe the incredible beauty of the flower bedecked mountain top. Five acres of flowers!

"But who has done this?" I asked Carolyn. I was overflowing with gratitude that she had brought me, even against my will. This was a once in a lifetime experience.

"Who?" I asked again, almost speechless with wonder, "and how, and why, and when?"

"It's just one woman," Carolyn answered. "She lives on the property. That's her home." Carolyn pointed to a well-kept A-frame house that looked small and modest in the midst of all that glory. We walked up to the house, my mind buzzing with questions. On the patio we saw a poster. "Answers to the Questions I Know You Are Asking" was the headline.

The first answer was a simple one. "50,000 bulbs," it read.

The second answer was, "One at a time, by one woman, two hands, two feet, and very little brain."

The third answer was, "Began in 1958."

There it was. *The Daffodil Principle*. For me that moment was a life changing experience. I thought of this woman whom I had never met, who, more than thirty five years before, had begun, one bulb at a time, to bring her vision of beauty and joy to an obscure mountain top. One bulb at a time. There was no other way to do it. One bulb at a time. No shortcuts, simply loving the slow process of planting. Loving the work as it unfolded. Loving an achievement that grew so slowly and that bloomed for only three weeks of each year.

This unknown woman had forever changed the world in which she lived. She had created something of ineffable magnificence, beauty, and inspiration. The principle her daffodil garden taught is one of the greatest principles of celebration: learning to move toward our goals and desires one step at a time, often just one baby step at a time; learning to love the doing; learning to use the accumulation of time. When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world!

"Carolyn," I said, "it's as though that remarkable woman has needle-pointed the earth! Decorated it. Just think of it, she planted every single bulb for more than thirty years. One bulb at a time! And that's the only way this garden could be created."

The thought of it filled my mind. I was suddenly overwhelmed with the implications of what I had seen. "It makes me sad in a way," I admitted to Carolyn. "What might I have accomplished if I had thought of a wonderful goal thirty five years ago and had worked away at it 'one bulb at a time' through all those years? Just think what I might have been able to achieve!"

My wise daughter put the car into gear and summed up the message of the day in her direct way. "Start tomorrow," she said, with the same knowing smile she had worn for most of the morning. Oh, profound wisdom!

It is pointless to think of the lost hours of yesterdays. The way to make learning a lesson a celebration instead of a cause for regret is to only ask, "How can I put this to use tomorrow?"



## CONFESSION

*I'd left it far too long, because her frantic fear, weeks ago, still echoed,  
But I've promised to go –  
tomorrow.*

*It's purpose built, perched on a hill; enough to fill a tourist's dream;  
Only today, we're locked in to look out on the silent mime  
of a summer day.*

*You'll find her greatly altered.  
But still I was unprepared for her familiar form to be curled in a chair  
foetal fashion.*

*Her indifference means they offer her a liquid feed,  
whilst the others, with childish greed, feast on roast lamb and ice-cream scoops  
of mashed potato.*

*My guilt fades, as her gaze ignores the stranger bringing her flowers.  
So slow my smile and tiptoe  
my escape.*

*Outside, quite ridiculously, I feel that she's abandoned me:  
for who else would listen, accept and understand  
this confession?*

*Margery Ruhrmund*

## NEEDING DETACHMENT

*Impulse was too quick a word for the hum of an Indian Summer sun gently taking  
me down your dappled lane.*

*A new puppy greeted me, tawny soft, sweet smelling hay, before you led me to sit  
on the warm granite steps, where I wept all over you.*

*I needed your detachment, which did not tidy away anything I wished to say.*

*We talked of the infinite energy we created – the paradox of good and bad  
and the round sound of compassion.*

*It was easier, then, to feel the love of the souls gone before; their presence in the  
purest sense still there that very day – as we sat on the warm granite steps  
in Autumn.*

*Margery Ruhrmund*

## AN AUSTRALIAN TRUE STORY

Ruth Legg

Bernice (not her real name) wrote to me: "When I joined the healing fellowship I had a history of health problems which stretched back into early childhood. I can remember the odd grown-up referral to me as 'delicate'. Nothing apparently could be found to explain the headaches, the lethargy, the fainting spells, which beset me from time to time. I can remember being puzzled by references to the 'energy of the young', and an aunt, who, when she sent me on a message would say 'your legs are younger than mine'. And I wondered what virtue there was in having young legs when those legs ached dreadfully most of the time.

"As I grew older another symptom referred to by a G.P. as muscle spasm, added itself to the list. Painful as it was when it hit the neck or lower back, it was at its worst when it beset the inner chest muscles. The first few times it happened it was mistaken for a coronary. I began to hear words like 'nervous tension', hints of neurosis and psychosomatic illness, and by the less tactful, of laziness. By the time I joined the Healing Fellowship I had been treated with Valium or Serepax for many years, had two 'heart attacks', and felt constantly weary.

"A healing circle was a regular feature of the group meetings and so I received the blessing of this, almost weekly, for about three years. I always felt a little better afterwards – not one hundred per cent, but was able to carry on.

"Then, yielding to family pressure, I sought help from another doctor, an energetic young Sri Lankan, who came and set up a practice in a nearby town. On my first visit he did some blood tests, and immediately was able to diagnose the trouble – a severe deficiency of vitamin B12, now known to be the cause of pernicious anaemia (so called because it is a very sneaky complaint, often posing as other ailments). As he explained it to me – a normal healthy person carries about 150 – 160 units of vitamin B12 in the blood stream. This activates the hormone which creates the red cells. A person carrying less than 100 units was thought to be in danger. If it dropped to a count of 40-50 the patient usually died of secondary results – brain damage, kidney or heart failure due to lack of oxygen from the depleted red cells. My count? 5 units.

"After discussing the condition for some time the doctor remarked on my extreme good luck to have escaped serious damage from such a severe deficiency. I told him I belonged to a prayer group who had constantly prayed for my health, so I felt that, while not reaching the cause of the illness, the prayers of the group had kept me from severe damage until help reached me through human channels. He remarked thoughtfully, 'Yes, that must have done it'. To add to my certainty of this was the remark of one of his colleagues in Sydney who, having been told of my B12 count, was so sceptical that he rang the doctor in Tassie to confirm it. His cheerful comment to me was, 'Lady, you're walking around dead!' With proper treatment, I can now assure the Sydney doctor, 'If I'm walking around dead, I'm the liveliest corpse you'll ever get to see!'"

*(Ruth is the Co-ordinator for the Australian Friends Fellowship of Healing. We have permission to reprint this article which appeared in their publication 'Wholeness'.)*

## PRESENCE

Olive Ashmore

If *present*, we don't have to negotiate, but most of the time we are present *only* in our body.

Isn't it strange how we sometimes remember something that may have happened a long time ago – or it could have been yesterday, or even an hour ago – and the remembrance comes 'out of the blue'?

I awoke in the night and remembered a farmer who farmed a few miles away from our farm. In my semi-awake state I remembered my father saying, 'He never bargains, even when in the cattle market and a deal has been made, he just shakes your hand', and strangely enough the other farmers accepted this.

From whence came the *core* of this stance? Didn't it lie in the person or persons' state of being *present* – they were being PRESENT?

To be 'present' is to be living from our higher SELF – the SELF with a capital S

– and not from our lower self, the ego. In this state *there is no need to negotiate*.

This emanation led me to consider the ROOT answer to some of the questions that were posed at the Summit Meeting in Johannesburg. Were we 'present'? Yes, even if we were, there might still be a need for Summits, but would there be a need to *negotiate*, for we would be 'there' in Spirit.

Is this too much to ask of ourselves?

'Let go and stop looking' - looking for that which is *already present*, is the advice that *Tony Parsons* gives in his book *The Open Secret*.

That farmer – a lone Quaker – in the centre of Southern Ireland – didn't negotiate and didn't wait for someone else to make the stance; he went out and DID IT. He was 'present' – he was in the PRESENCE.

Tony Parsons says in his book, 'It is simple, yes, as simple as breathing.' ☒

*We have become aware of a movement of many people who are undertaking the simple discipline of taking five minutes once or twice a day (or more) to just find the Presence of God, pray "Thy will be done" and then spend a few moments just abiding in the Presence, without any requests, KNOWING that Peace IS God's Will for the world. There is no formal organisation or structure; just people doing it, and spreading the word.*

*All the world is praying for peace; the idea of this initiative is to be a channel for God's Peace (freely given 'not as the world gives') to flow into the world.*

*If you (and any others) want to join in, there is no need to 'register', though it might be helpful if you could tell others about it.*

Jim Pym

## Clerk's Corner

This issue of *Towards Wholeness* includes details of the Summer Gathering which takes place later this year in Loughborough. I always look forward to these events because they are an opportunity to join other Friends in a wide variety of activities – from swimming (in the new Olympic pool!) to singing – from different styles of worship to croquet! These occasions provide a unique combination of fun, spiritual nourishment and a range of activities from the more cerebral to craft and sport as well as 'Larks and Owls' sessions. You see some Friends in a totally different light after you have watched them perform African Foot-Stomping!

Having always regarded the Religious Society of Friends as an extended family, I continue to be thankful for this bedrock and powerful sustaining influence. It has given me courage to change and grow and allowed my faith to deepen. One of the Quaker Testimonies is that of 'community' – a place to belong; to show our commitment; a place which helps and encourages us to rise above ourselves so that we can learn to live with and love one another in the muddle created by human problems and misunderstandings!

The Quaker spiritual community has provided me with a wonderful variety of role models, both past and present: illuminating what can be achieved when God is actively at work through individual lives. I continually hold onto these role models as a reminder of how we can be transformed; how great adversity is overcome and healing takes place. It seems to me that we are both enabled and healed by the redeeming power of God's love and through our spiritual community.

*Joolz Saunders*



taking into account the individual circumstances of each person.

Applications need to be made through an overseer of your Meeting, which should then be forwarded (either by post or phone) to the Treasurer of the FFH (address, etc. on the back cover of *TW*).

A NEW BURSARY FUND for FFH members is now available for those members who would like to attend FFH Gatherings, and courses at Claridge House and Lattendales. Reductions on the prices of these events are discretionary,



## CLARIDGE HOUSE SPRING /SUMMER PROGRAMME 2003

|                                  |                    |                    |
|----------------------------------|--------------------|--------------------|
| <i>Weekend Courses</i>           | <i>Single £125</i> | <i>Shared £115</i> |
| <i>Midweek Courses</i>           | <i>Single £200</i> | <i>Shared £175</i> |
| <i>(unless otherwise stated)</i> |                    |                    |

**Mar 21/23 'SPRING CLEAN YOUR LIFE'**  
Imagine what a good clear out could do for your mind, body and spirit – not to mention your cupboards! Using intriguing activities, we will explore how releasing our emotional and physical clutter can raise our energy levels, create space for new experiences and make us sparkle. *Dorothy Moir; experienced facilitator, life coach, member of NFSH and QSH.*

**Mar 28/30 MEDITATION AND THE NATURAL WORLD**  
Time to explore through meditation and sharing how the new growth of Spring invites us to deepen relationships with the natural world, and with one another. We will work with our awareness of nature to sense new openings and directions, and to re-awaken and revitalise existing personal patterns. *Suzanne Finch: Quaker, experienced teacher and workshop facilitator.*

**April 4/6 POETRY APPRECIATION – 'SONGS OF SPRING'**  
We will spend a quiet weekend together looking at and enjoying some of the ways poets have sung and spoken about Spring, the season of rebirth, resurrection and regeneration. Poets as different as Chaucer and Hopkins, Shakespeare and E.E. Cummings have celebrated the season, and we shall be discovering or rediscovering their voices. Bring a favourite Spring poem. *Gerard Benson, a Quaker poet, editor and experienced workshop leader.*

**April 11/13 CHINESE BRUSH PAINTING**  
The theme for the weekend will be Spring – with its abundance of colour and new life. Subjects will include flowers, birds and insects, incorporating the skills of handling and loading the brush. The course is suitable for beginners and improvers as tuition is by demonstration and individual guidance. *Cost £135*  
*Maggie Cross, author and member of Chinese Brush Painting Society, and Society of Floral Painters.*

**April 17/23 EASTER BREAK**  
Renewal, rebirth, resurrection. Whatever Easter means to you, share it peacefully at Claridge House (Thursday pm - Tuesday am)  
*Cost £250*

**Apr 25/ HEALING RETREAT FOR PEOPLE WITH M.E. (1 week Fri – Fri)**

**May 2** The week will be a healing journey into ourselves, empowering us to celebrate what we are able to do, and helping us to understand the lessons of our M.E. This is not a 'quick fix' cure, but a gentle holistic process towards healing. There will be plenty of time to rest, reflect, and enjoy the gardens.

*Cost £275*

*Nomi Sharron, writer, teacher and experienced workshop facilitator, who has had M.E. for five years.*

**May STRESS MANAGEMENT AND RELAXATION**

**2/4** Identify sources of stress and explore the causes and effect on health. Learn some cures/remedies, as well as coping strategies and relaxation techniques that can be used at any time. We will also cover some basic stretching and breathing exercises, and some partner work will be included. Wear loose comfortable clothing. Bring a notebook, pen, small blanket and pillow.

*Sharlene Turczack alternative therapist and yoga tutor.*

**May THE HEALING POWER OF SOUND**

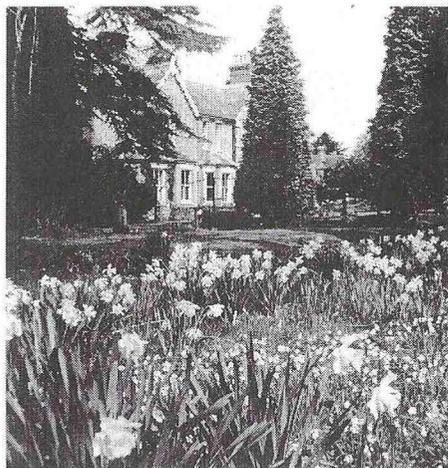
**9/11** For those people who have already attended Part I. In this workshop we will explore the healing power and different musical intervals. Heal emotion and the aura with sound; understand the power of mantra, the Sanskrit sound and the charkas. Plus more group sound healing, chanting and fun.

*Simon Heather, M.Soc.Sc., M.B.Ac.C., MCOH. Internationally known workshop leader and founder of the UK Sound Healers Association.*

**May WALKS WEEK (midweek)**

**12/16** Come and enjoy the surrounding Surrey, Sussex and Kent countryside during this midweek of walks, which will be specially selected to appreciate the local landscape and natural beauty of the season. Both level and gentle hill walking are planned to suit all abilities. Please bring a small bag/knapsack and waterproof clothing with suitable walking shoes.

*Terry Coote, a local qualified walks leader with over 10 years experience.*



**May BEFRIENDING THE GRIEVING PROCESS**

**16/18** A weekend of rest, reflection and healing for those coping with the loss of a loved one, and who may be asking such questions as: "Who am I now? Dare I let go without feeling disloyal?"

*Elizabeth Brown, member of QRG and a healer with QSH. Frances Crampton; transpersonal counsellor, Myers-Briggs practitioner and a probationary healer with QSH.*

**May LATE SPRING SPECIAL BREAK**

**23/30** *Cost: £280 per person (£40 per day) – full board.*

**May 30/ 'VALUING MY JOURNEY'**

**June 1** Our life is shaped by physical and spiritual experience. Learning – spiritual learning – confronts us. Reflecting on our whole life – where is the meaning in the Past? What is the challenge of the Present? What is beckoning from the Future? Time for reflection and sharing, especially for those at a crossroad in their life.

*Hans Noak, Quaker and retreat facilitator. Frances Crampton, transpersonal counsellor, Myers-Briggs practitioner and probationary healer with QSH.*

**June CELEBRATING OUR BLESSINGS –**  
**6/8 CONNECTING TO OUR INNER POWER.**

This workshop is a journey into ourselves. We will learn to isolate our negativity, recognise our unique gifts and blessings and connect to our own insight and wisdom. We shall explore ways to open our hearts, reaffirm our belief in our own abilities, empower ourselves – and celebrate!  
*Nomi Sharron, writer, teacher and experienced workshop facilitator.*

**June NATIONAL TRUST VISITS (1 week: Mon - Sun)**

**9/15** We shall have six full days to discover the history, landscapes and 'behind the scenes' of Britain's foremost conservation charity. As well as houses and gardens, we shall visit areas and projects, where the National Trust is caring for the coast and countryside.

*Keith Marsden, Assistant Warden at Claridge House.*

*Cost £350*

**June EARLY SUMMER SPECIAL BREAK**

**20/29** *Cost: £360 per person (£40 per day) – full board.*

**For booking details – and other tariff, including daily rates and special breaks – please ring the wardens on 01342 832150.**

**E-mail: [welcome@ClaridgeHouse.freeserve.co.uk](mailto:welcome@ClaridgeHouse.freeserve.co.uk)**

**MID-WEEK HEALING 'TRAINING' COURSE ..... 26 - 30th May**

This is another 'training' course in practical healing that gives those who are interested in becoming members of the **Quaker Spiritual Healers** the opportunity to explore their own potential in the field of healing, in a safe, supportive atmosphere. No experience necessary, only a desire to help.

*Leonora Dobson & Rosalind Smith* – both experienced facilitators and members of QSH, FFH and NFSH.

**Cost (at time of printing) £190**

**QUAKER SPIRITUAL HEALERS' SUPPORT WEEKEND ..... 20 - 22nd June**

Another of our biannual support weekends when both full and probationer members of QSH will have the opportunity to get together for mutual support and encouragement.

*Leonora Dobson & Rosemary Bartlett*

**Cost (at time of printing) £120**

**MOUNTAIN GOAT TOURS ..... 24 June - 1st July ..... & 2nd - 9th Sept.**

The three tours in the week are Thursday (half-day), Saturday (full-day), and Monday (half-day). The wardens reserve the right to change or cancel arrangements if there are not enough bookings to make the tours viable – a minimum of 12 passengers being required by the tour operator. A packed lunch and drinks will be provided for the full-day tour. The drivers/guides are experts and will use their local knowledge to ensure you have an interesting tour.

**Cost of tours (not including accommodation) £52**

**SPECIAL WEEKS – reduced prices (no set programme of activities)**

1. 24th - 28th March ..... **Cost £117**
2. 31st March - 4th April ..... **£117**
3. 14th - 18th April ..... **£117**
4. 13th - 17th October ..... **£129**

*For information on booking, and other tariff, please contact The Wardens,  
John & Vivien Cran, Lattendales, Berrier Road, Greystoke Penrith CA11 0UE.  
Tel: 017684 83229 email: 113101.2672@compuserve.com*

**REPORTS****FFH AUTUMN GATHERING at LATTENDALES – 11/13 Oct 2002****Exploring Forgiveness – Salvaging the Sacred with *Marian Partington*.**

These words describe how Marian sees her journey in life as she seeks to bring something positive out of the cruel murder of her sister, Lucy, by Frederick and Rosemary West.

On the first evening, when lighting the candle, she quoted the words from the Peace Testimony, 'All the darkness in the world cannot put out the light of one candle'. The relevance of these words became clear during the weekend as we moved through the horrors of Lucy's disappearance and death.

During the Saturday morning we learnt of the pain incurred when somebody just goes missing. On December 22nd 1973 Lucy went by bus to visit a friend in Cheltenham – she never came back. For twenty years the family suffered the anguish of not knowing. Then, in 1994, they learnt that what had happened to her was worse than anything they could have imagined. She had been brutally murdered by the Wests.

Five weeks before her disappearance, Lucy was confirmed into the Roman Catholic faith. The priest who had presided at the service said in 1994 that he had continued to pray for her every day, and that he was sure her faith had helped her in her ordeal. He also had a strong feeling that Lucy had never lost her integrity. As it happened, just five weeks before the discovery of the murder, Marian had become a member of the Society of Friends.

Marian spoke of two dreams that she had had of Lucy which had been a great comfort to her. In one, four months after Lucy's disappearance, Lucy came back and Marian asked her where she had been. Lucy said, "I've been sitting in a water-meadow near Grantham. If you sit very still you can hear the sun move". Marian felt the peace 'that passes all understanding'. Lucy was a poet who sought truth and beauty. A vibrant, loving, gentle and caring person who was much loved by her family and friends.

We ended the morning with a meditation on the 'Experiment with Light'.

Later, in the afternoon, we all made a Tibetan prayer flag which we hung on a string between two trees in the garden. This also related to the Day of Prayer for Iraq.

On the Sunday, Marian moved us on to the work of reconciliation and rehabilitation that has grown from her own journey towards forgiveness and understanding. She often finds this road difficult and lonely, especially when trying to bring understanding to others. Gradually she is realising that the perpetrators of violence and crime are often as much victims as those they

attack. They need to be helped to see what has led them to crime: often abuse, a sense of worthlessness and loss of hope. Experiments like restorative justice, and circles of healing where they meet the victims and those near to them can help them to express the remorse they feel, and break the cycle of crime by giving them understanding and hope.

Marian gave a moving description of a day spent as a visitor to Grendon prison. Here they were with prisoners who were drug addicts, as well as those who had committed violent crimes. Prisoners were asked to give an account of what they had done. Visitors were asked why they had come, and there were exchanges of views and conversation. Also, a drama group enacted a crime – a burglary – and showed the effect this had had upon the victims. One prisoner was so moved that he took the police to his flat, showed them the goods he had stolen, then asked them to take them back to the houses he had robbed and to say that he was sorry. We felt that if only we could, as a society, see the way of forgiveness and understanding instead of retribution and rejection, there could be hope of reclamation for at least some people.

The fifteen of us who were there owe a great debt to Marian for her openness and courage in the sharing of her journey for 'bringing Lucy to life' for us, and for reminding us that 'there is that of God in everyone'.

*Betty Brookes*



*A happy picture taken during the FFH Autumn Gathering  
(it's not washing on the line – they're prayer flags!)*

### **Annual Report of SUNDERLAND FFH Group**

Sunderland Friends Fellowship of Healing continues to meet on the first Friday of the month with the common purpose of group prayer to intercede on behalf of those currently broken in body, mind or spirit – that they may be made whole, find peace, ease and happiness, believing that death is not the end but a part of life lived as a journey with many endings and beginnings.

Meetings commence with a reading from *Advices and Queries*, and continue with other appropriate readings, with basic silent worship and spoken ministry. Attendances tend to be static (7-11) though enthusiasm and conviction spur us on. Reviewing our position in March, we agreed our meetings were justified. With so much suffering and evidence of man's inhumanity to man we were convinced of the individual and wider need.

During the past year, contributions have been made to a local Asylum Seekers fund, Afghanistan, Pakistan Relief, and Lattendales.

We are grateful to Sunderland P.M. who allow us the use of the library in the Meeting House, also to those who have conveyed their appreciation – especially those bereaved of loved ones whom we had previously held in light and prayer.

In the coming year, with God's will, we offer our prayerful commitment that we continue at aiming to bring life and harmony with Divine Purpose for those in need.

*Gladys Saint*

*(The editor would welcome reports from other FFH groups – especially those who, like Sunderland, sometimes feel rather isolated. It is a way of keeping in contact.)*

### **LETTER FROM AMERICA**

I would like to share with you a healing process we started for a very ill member of our meeting. Before surgery we passed around a paper with one hour slots for people to commit themselves to prayer on the day of surgery. Because hospital operating schedules can be shifted around due to emergencies, the prayer list started at 6 am and ended at 8 pm. The day before surgery, the list was given to our ill member with the signatures of those committed to pray for him. His surgery went well and he reported back to us how much the prayer list meant to him. He shared that he often referred to the list.

As a person on the list to pray for him, I experienced a connection with the person before and after me on the prayer list—a sort of weaving of light, a special connection. Of course, not all of us had the luxury to be able to sit in quiet prayer/meditation for an hour; all that was asked was that in our daily activities at work we would try to focus on holding our ill member in the light for that specific hour.

The journey for our dear member is far from over. He still faces other serious surgery, but he joins us in surrendering to the God of All Creation-All There Is. It is hard work for all of us; but we all feel such love.

*Hildegard Weiler*

## FRIENDS FELLOWSHIP OF HEALING GROUPS - JANUARY 2003

**BANGOR** Jenifer Gibson, Cum Ty Coid, Menai Bridge, Anglesey LL59 5LA  
**BATH** Rene Aldcroft, 701 Wells Way, Bath BA2 2TZ  
**BEDFORD** Geoffrey Martin, 24 Kingsley Road, Bedford MK40 3SF  
**BEWDLEY** Margaret Shaddock, 19 Bow Patch Road, Arely Kings, Stourport-on-Severn DY13 OND  
**BOURNEMOUTH** Norma Jones, Flat 4 Sunningdale, 21 Port Arlington Rd, Bournemouth BH4 8BX  
**BRADFORD** Edna Woodhouse, 47 Windhill Old Road, Bradford, W. Yorkshire BD10 OSE  
**CAMBRIDGE** Pat Revell, 12 Rustat Road, Cambridge CB1 3QT  
**CHICHESTER** Anthony Dungey, Briarcroft, Oving, Chichester, W. Sussex PO20 6DG  
**CLACTON** Mary Farquhar, 5 Colne Road, Brightlingsea, Colchester, Essex CO7 0DL  
**CLARIDGE HOUSE** Rosalind Smith, 11 Beacon Hill, Dormansland, Nr. Lingfield, Surrey RH7 6RQ  
**COLWYN BAY** Julia Aspden, Gwynt y Mynydd, Henryd, Conwy LL32 8YB  
**CROYDON** Giulio Pravato, 25B Prince Road, South Norwood, SE25 6NN  
**DARLINGTON** Dorothy H. Mouncey, West Linhams, 20 Bridge Rd, Blackwell, Darlington DL3 8TJ  
**DENMARK** Inga Rasmussen, Vesterbyvej 11 Vrogum, DK-6840, Oksbol, Denmark  
**DERBY** Leanne Wheeler, 36 Drewry Lane, Derby DE22 3QP  
**DISLEY** Leonora Dobson, Moor Edge, Birch Vale, High Peak, Derbyshire SK22 1BX  
**DISS** Margaret Morgan, Willow Croft, Thwaite Road, Thorndon, Eye, Suffolk IP23 7JL  
**DITCHLING** Judy Moody-Stuart, Little Blackbrook, Spatham Lane, Westmeston BN6 8XJ  
**DORKING** Lesley Hunka, 68 Stevens Lane, Claygate, Surrey KT10 OTT  
**DYFFRYN CLWYD** Beryl Work, 10 Church Walk, Ruthin, Denbighshire LL15 1BW  
**ECCLES** David P. Jones, 26 Moss Lane, Sale, Cheshire M33 6GD  
**ESHER** Betty Sear, Tara, Irene Road, Blundel Lane, Stoke-d'Abernon, Cobham KT11 2SR  
**EXETER** Yvonne Gardener, 2 Excalibur Close, Exeter EX4 8LH  
**EXMOUTH** Launa Hawkins, 42 Foxholes Hill, Exmouth EX8 2DQ  
**FINCHLEY** Margaret Holman, 28 Babington Road, London NW4 4LD  
**GLASGOW** Muriel A Robertson, 51 Highmains Avenue, Dumbarton G82 2PT  
**GREAT AYTON** Suzi Ebeid, 12 Green Road, Skelton, Saltburn-by-the-Sea, Cleveland TS14 8ED  
**GRIMSBY** Linda Thornally, 155 Laceby Road, Grimsby, N.E. Lincs. DN34 5DS  
**GUILDFORD** Sheila Bovell, 106 Wodeland Avenue, Guildford Surrey GU2 4LD  
**HARLOW** Elizabeth Wilson, 111 Rectory Wood, Harlow, Essex CM20 1RD  
**HARROGATE** Sheila M. Farnell, 8 Evelyn Court, Harrogate HG3 2GD  
**HEBDEN BRIDGE** Jo Brown, 4 Lower Woodhead, Barkisland, Halifax HX4 0EJ  
**HEMEL HEMPSTEAD** Anne Smith, 90 Chipperfield Road, Kings Langley, Herts WE4 9JD  
**HEREFORD** Robert E. Fallows, 7 Westfaling Street, Hereford HR4 0JB  
**HULL** Patricia A. Purkis, 85 Park Avenue, Hull HU5 3EP  
**IFIELD** George Harrison, 34 Deerswood Court, Ifield, Crawley, W. Sussex RH11 0HD  
**ILMINSTER & CHARD** Eve Northey, Little Bethany, 44 Silver Street, Ilminster TA19 0DR  
**ISLE OF MAN** Ruth Robson, 8 Farrant Park, Castleton, Isle of Man IM9 1NG  
**LEWES** Venetia Jones, 5 Easport Lane, Lewes, E. Sussex BN7 1TL  
**LONG SUTTON** Sidney Fisher, 34a Stanchester Way, Curry Rivel, Langport, Somerset TA10 0PU  
**MARAZION** Margery Ruhrmund, 10 Rosparvah Gardens, Heamoor, Penzance TR18 9EA  
**MOUNT LAWLEY** Pamela Beard, 6 Fraser Road, Applecross, W. Australia, 6153  
**NEW MILTON** The Clerk, Friends Meeting House, 30 Whitefield Road, New Milton, Hants BH25 6DF  
**NEWTON ABBOT** Valerie Huish, 13 Brimley Vale, Bovey Tracey, Nr. Newton Abbot, Devon TQ13 9DA  
**NOTTINGHAM** Mary Brimelow, 30 Private Road, Sherwood, Nottingham NG5 4DB

**OSWESTRY** Peter White, Nantmawr Chapel, Nantmawr, Oswestry, Salop SY10 9HL  
**OXFORD** Mary Fear, Homelea, Glebe Road, Cumnor, Oxford OX2 9QJ  
**PETERBOROUGH** Monica Stafford, 60 The Grove, Market Deeping, Lincs. PE6 8AP  
**PURLEY** Patricia Pique, 41a Woodmansterne Avenue, Coulsdon, Surrey CR5 2DJ  
**READING** Jenny Cuff, 153 Northcourt Avenue, Reading RG2 7HG  
**SHAFTESBURY** Gerald & Doreen Wingate, Shaston, 3 Hawksdene, Shaftesbury, Dorset SP7 8NT  
**SHEFFIELD** Beryl O'Brien, 127 Willow Drive, S9 4AS & Ruth Vear, 5 Williamson Rd S11 9AR  
**SHERINGHAM** Aubrey Hill, 8 South Street, Sheringham, Norfolk NR26 8LL  
**SIDCOT** *Joint Convenors* - Christine Brown, 7 Sewell House, Belmont Rd, Winscombe BS25 1LQ  
 - Peter G. Alletson, 4 Brae Road, Winscombe BS25 1LN

### SOUTH AUSTRALIA REGIONAL MEETING

Enid L. Robertson, 9 Sherbourne Road, Blackwood, S. Australia 5051  
**STOCKPORT** Marjory Rossant, 1 Thornfield Court, Heaton Close, Heaton Moor, Stockport SK4 4DL  
**STREATHAM** Mary Ochs, 15 Lovelace Road, London SE21 8JY  
**SUNDERLAND** Gladys Saint, 42 Canberra Road, High Barnes, Sunderland SR4 8NG  
**SUTTON COLDFIELD** Sheila Swinnerton, 161 Drayton Lane, Drayton Bassett, Tamworth B78 3EF  
**SWINDON** Ash Faith, 22 Grovelands Ave. Swindon SN1 4ET  
**TAUNTON** Mary Garrow, The Gry, 75 Staplegrove Road, Taunton, Somerset TA1 1DG  
**TELFORD** Val Robinson, 25 Buckingham Crescent, Park View, Stirchley, Telford TF3 1BP  
**TOTNES** Beatrice Watson, 19 Whiteley Ave. Totnes, Devon TQ9 5FQ  
**USA (Agent)** Richard Lee, 1201 Walsh Street, Lansing, MI 48912 USA  
**UXBRIDGE** Grace MacNeil, 112 Charnwood Road, Hillingdon, Middlesex UB10 0HE  
**WATFORD** Kathleen Bould, 42 Richmond Drive, Watford, Herts. WD1 3BG  
**WESTON-SUPER-MARE** Hazel Hather, 43 Uphill Road South, Weston-super-mare BS23 4ST  
**WINCHESTER** Andrew F Rutter, 1 St. Johns Road, Winchester SO23 0HQ  
**WORCESTER** Joolz Saunders, 3e Crown Street, Barbourne, Worcester WR3 8AS  
**YORK** Joyce Pickard, 18 Savile Grove, York YO3 6NY

### IMMEDIATE PRAYER GROUP

Rosemary Bartlett, 10 Cavendish Mews, Wilmslow, Cheshire SK9 1PW  
 Joy Simpson, 14 School Cres. Primrose Hill, Lydney, Glos. GL15 5TA

### MOTHER & HER UNBORN CHILD

Joy I Readman, 11 Meadow View, Wear Farm, Bishopsteignton, Teignmouth, Devon TQ14 9PX

### POSTAL GROUPS

Sylvia Edwards, Anchor Cottage, Honor End Ln, Prestwood, Gt. Missenden HP16 9HG

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*Our last issue carried an article **Miraculous Messages from Water** by Jan Brumfitt. She has sent in the following which appeared in **Caduceus**, No.58, Winter 2002/3.*

There is "a remarkable project called 'Love and Thanks to Water' which seeks to contribute to the cleansing and purifying of the world's water through prayer. The project founder, Dr. Mararu Emoto, has shown through photographs that prayer can change the crystalline structure of water.

People all over the world are invited to send sincere Love and Thanks to all the water on Planet Earth on the 25th day of every month- culminating in a special World Day of Love and Thanks to Water on July 25th 2003."

Further information on the web at <http://www.thank-water.net/english/index.html>

A DIFFERENT APPROACH

Judy Clinton

Some time ago I spent a few precious days at the Krishnamurti Centre in Hampshire. Here, a beautiful spacious place is set aside for people to come and study, in their own way, the many writings, videos and audio-cassettes of Krishnamurti's teachings. He was an Indian spiritual teacher and philosopher who died in 1986.

The overall effect was profound upon me, but perhaps what affected me most was the Quiet Room of the building. This was a gloriously simple and beautiful room with a very specific purpose for the Centre – to provide quietness and peace. Here you went only when and if you knew yourself to be in a condition of peace and quietness. You were asked not to go on the first day of your stay in the Centre, and not at all if you did not feel able to take quiet into that place. The principle was that in taking one's peace into that place it became a power-house of spiritual stillness for the Centre. Indeed the Centre was a place of marvellous stillness.

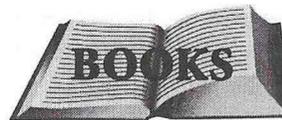
What a different approach from what we are used to. Normally, although we are advised to come to Meeting 'with hearts and minds prepared', there is a general understanding that one goes to Meeting in order to establish peace within oneself, or a deeper state of peace. It is a very different experience to go into a place with the intention of taking with you stillness and peace to give and leave there. The motivation is different, the feeling different as I did it. I have often thought about this since, and it begs questions as to how I live my life. Do I give peace to my Meeting, or seek to find it there? Can I do both – *do* I do both at different times? Do I take peace to my friends and clients, and, if so, where does that peace come from? Many questions, certainly for me a reversal of thinking which I am sure is very significant but not clear yet. How would our Meetings be if we only came when we felt at peace? Quite a thought! ☺

IF YOU ARE THINKING OF MAKING A WILL...

Have you considered leaving something to the FFH?

A specimen form of words could be:

"I give and bequeath (state what...) to the Friends Fellowship of Healing (being a Charity registered under the Charities Act, No. 284459), to the registered address of the Charity as recorded with the Charity Commission at the time that this bequest comes into effect, AND I DECLARE that the receipt of this legacy by the then proper officer for the Fellowship, shall be a complete discharge to my Trustee(s) for that legacy."



*Titles marked with an * can be borrowed from the Postal Library. Apply to Tony Steel-Cox (address on back page). (The Postal Library is now quite extensive – a catalogue can be sent on receipt of an s.a.e.)*

The Art of Forgiveness, Loving-kindness and Peace by Jack Kornfield, Rider, 2002. ISBN 0-7126-5969-2. £8.99.

This is a beautiful book.

On the dust-jacket it says: You hold in your hand an invitation:

To remember the transforming power of forgiveness and loving-kindness.

To remember that, no matter where you are and what you face, within your heart peace is possible.

There is not much that I can add to this, except to say that it seems to be true.

The book is a hard-back, simply and beautifully presented, with stories, meditations and guidance on each page. So often we wish to experience peace, to extend loving kindness to the world, and yet we are held back by our internal psychological barriers, or by a feeling that we are unable to forgive some people.

Jack Kornfield is well known as the author of *A Path With Heart*, which has become a best-seller on the spiritual life. He is an internationally loved and accepted teacher of meditation, and in this, his latest book, he gently but firmly leads us along the Path of the Heart, and shows how we can experience real peace. Not only that, but we are also shown ways to live that peace, and to share it with others.

The book is divided into three sections, 'Forgiveness', 'Loving-kindness' and 'Peace', and each one has the author's own text, as well as quotations, stories and meditations from a wide variety of sources. In a world that is divided and violent, it is easy for us to get swept along with all the talk and rumours of war, blame and judgement. Here is an antidote.

The format is easy to use, with over 200 pages. In reviewing spiritual books, it is easy to apply the word 'gem', as there are many wonderful books around today. So, consulting the thesaurus, I will say that this book is a jewel and a treasure. It is a book that I know I will appreciate having on my shelves within easy reach. It is, as I said at the beginning, a truly beautiful book

Jim Pym

***Circles of Stillness** edited by Hilary Wakeman. Darton, Longman & Todd, 2002. 208pp. ISBN 0-232- 52450-X. £10.95.

Julian meetings, like Quaker meetings, appreciate the value of silence. Founded nearly thirty years ago in the United Kingdom, and now found throughout the world, the Julian Movement aims to 'foster teaching and practice of contemplative prayer in the Christian tradition.' Contemplative prayer is defined as 'waiting upon



God; opening ourselves to God; responding to the invitation to meet God in silent awareness.' The book is an anthology of articles and poems published in the Julian magazine, describing the thoughts and experiences arising from the

practice of this quiet waiting upon God.

One writer notes that one of the strengths of the movement is the freedom given to members to explore for themselves what is right for them in their present situation. Their contributions are indeed varied. The early chapters are pointers to the deep joy of contemplation. Included here is a lovely passage from the writings of Basil Hume, where he describes the light breaking through the 'cloud of unknowing'. That there are difficulties along the way is acknowledged too. It is in silence that disturbing thoughts often arise from the unconscious mind, and this can be distressing. But 'Don't paper over the cracks,' says Yvonne Walker. 'We need cracks and spaces to allow for movement and growth, so that we can emerge in a new shape, our vision expanded.'

Later in the book writers tell how helpful they have found the works of the great mystics. Topics include the works of Mother Julian herself, the 'Jesus Prayer', the teachings of Saint Benedict and of Thomas Traherne. Zen meditation, circle dancing and yoga have benefited other members. In a section called 'Life Stories' are some moving accounts of the surmounting of trials. Outstanding is a description by Martin Israel of the illness which brought him near to death.

In conclusion there is a section relating events where members met for prayer, study and the enjoyment of fellowship in local groups, retreats and conferences.

Readers of this book will surely find things to comfort, to stimulate, to challenge and, above all, to delight.

Elizabeth Lonsbrough

***Stemming the Dark Tide** by Sheila Spielhofer. Sessions of York, 2001. 171pp. ISBN 1-85072-267-6. £9.00 (plus £2.00 p&p).

This book interested me at first because it gave the background to the condition of Austria between 1919 and 1942, touching on the effects of the difficult period between two world wars. (My previous impressions of the country were from *The Sound of Music!*). This book shows the desperate state of many of the citizens.

Throughout this time, various stalwart Quakers moved into Vienna, and through their work and worship, tried to improve the lot of the poorest people. One of the first was Hilda Clark, a doctor who had organised large scale relief work in France during the war. She initially came to Vienna at the request of General Smuts. She, and other Friends, set up a headquarters in Vienna in 1919. They wanted to bring new hope to this city, crushed by defeat and famine.

The author, in her desire to find out what really happened, introduces various Friends and friends of Friends who play a vital role throughout this time with their struggles and hopes as they sought to build peace in a wider sense. She also reflects

complex attitudes of British and American Quakers to relief work between the wars. Also, something of the tragedy of Austrian Jews is described.



Sheila Spielhofer has researched deeply and shown us lives which are an example to us all.

Mary Fear

The Spirit of the Third Millenium – Views of a Quaker Attender by Grenville Green. Sessions of York, 2002. 20pp. ISBN 1-85072-282-X. £1.50 (plus 50p p&p). Here we go again! Ever since I have been associated with Quakers there have been differences between Friends over apparently opposite views, each feeling that they are right and others wrong. Universalist is set against Christocentric and so on. One of the great unresolved questions is whether God is immanent or transcendent.

In this small pamphlet, Grenville Green puts the case for God as immanent. Some will agree, others not, while others will say that both are true. However, as the mind is not capable of defining God, only God can tell us the answer.

This is not an argument that spiritual healers need worry too much about. In spiritual healing we see Divine Love working as a property of the soul, and as a transcendent power which changes people. As George Fox recognised, "The Power of the Lord is over all". When you witness blind people see, and arthritic joints freed; when you hear that someone miles away has recovered from incurable illness because someone prays, you come to *know* God rather than needing to *define* God.

However, reading this booklet may help us to re-assess what we mean by God, and look again at the potential of our healing ministry. If this is so, then it is worth reading.

Jim Pym

TRUST – a verse for this Age

We must eradicate from the soul all fear and terror of what comes towards us out of the future.

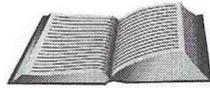
We must look forward with absolute equanimity to everything that may come. And we must think only that whatever comes is given to us by a world direction full of wisdom.

It is part of what we must learn in this age; namely to live out of pure Trust. Trust in the ever present spiritual world.

Truly nothing else will do if our courage is not to fail us.

Let us discipline our will, and let us seek the awakening from within ourselves, Every morning and every evening.

Rudolf Steiner



1 Prayers and Ideas for Healing Services by Ian Cowie.

First published 1995, new edition 2000. 155 pp.

ISBN 0-947988-72-6. £6.99.

2 Praying for the Dawn (a resource book for the ministry of healing). Edited by **Ruth Burgess & Kathy Galloway.** 2000. 190 pp.

ISBN 1-901557-26-X. £10.99.

Both books are from the Iona Community – “Wild Goose Publications”.

1. This book was written ‘in thanks for healing received in Iona and in prayer that many others may find healing for themselves and learn to give healing to others...’. Healing is part of the Gospel story and the author describes how a ‘ministry of availability’ is preferable to any unrealistic expectation that people would attend healing services in their hour of acute need. Ian Cowie also gives a refreshingly clear message that he has reservations about healing services even though he conducts them from time to time: “... One cannot imagine Jesus saying ‘we will have a little service of healing at 6pm this Sabbath!’”

This book also describes different approaches to healing meetings and looks at the form they might take as well as presenting many ideas about guided silences and prayers. We strongly recommend this book for anyone who wants to start a healing/prayer group or find fresh material for meditation. Ian Cowie’s words are wise as well as being wholly encouraging.

2. This is an anthology of writing about ‘the churches’ healing ministry’; “healing the worlds of the body politic” – (NHS, Cities, Justice, the Earth). The writings in the first half of the book emphasize the Iona Community’s conviction that healing and justice go hand in hand. Healing is not something we do just with/for individuals, it should be our response to situations, to injustice, to inner cities, to social wrongs. This section of the book includes liturgies for use in services and all the material is very imaginative, powerful and moving. But perhaps from a FFH perspective the richest part of the book is the last third: an anthology of prayers, quotations, meditations, Biblical passages; also stories about people, including a lovely version of the Biblical account of The Creation which could be used for group activity and children’s work. Any healing group would find rich pickings here.

A third companion book “Jesus’ Healing Works and Ours” also by Ian Cowie will be reviewed in the next issue of “Towards Wholeness”.

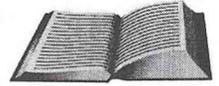
David and Joolz Saunders



An old Methodist minister was railing against the evils of alcohol: “I’d like to take every bottle of wine and empty it in the river, and do the same to every bottle of beer and spirits”. The choir then sang the last hymn: “We shall gather at the river”.



***Beyond the Music: An Experience by Joan Benner.** Sessions of York, 2002. 46pp. ISBN 1-85072-287-0. £3.90 (inc.p&p) Also obtainable from Joan Benner, 12 Manor Gardens, Hampton, Middx. TW12 2TU at £3.50 (inc. p&p).



This book tells of a most unusual experience that reads almost like a detective story, holding one’s attention until the conclusion. It describes the gentle awakening of the author through her attraction to the musician “Ross”. She becomes telepathic, which enables her to ‘know’ where and when the orchestra in which he plays will be performing.

Through keeping a diary, the author keeps a meticulous record of her telepathic communications. She senses when all is not well with Ross. Although she is physically attracted to him, there is more to it than that: it is a meeting at soul level. A recognition perhaps of another life having been spent together.

What I found so interesting is the time factor of this experience lasting over 50 years, and how, during that time, her creative potential blossomed. This is the very nature of self-realisation.

Her awareness of Ross grows after his passing; she senses his presence and nearness. This so often happens after losing a loved one, but sadly we often put it down to our own imagination. This is a most valuable account of two people who never met in the usual fashion, and becomes a symphony of love that is timeless.

Margaret Little

Woven with Words: Parts I and II by Anne Smith. Part I 1996, 56pp. Part II 2002, 30pp. Both available from Anne Smith, 90 Chipperfield Road, Kings Langley, Herts, WD4 9JD, at £2.00 each, (proceeds to go to Claridge House).

In 1996, Anne, our erstwhile Postal Librarian, published a small book of her poetry entitled *Woven with Words*, and sub-titled *Poems and a ‘Haiku Diary’*. Now she has followed that with *Woven with Words Part II* sub-titled *Celebration of Life and Songs of Mourning*.

In the first book, every month of the year is represented, and appreciated, with several pieces which interpret the different moods of nature – even the extra hour when the clocks go back in October has its special considered value. Readers will find themselves resonating with many of these delightful poems, as I did especially in the November section, as I share that with Anne as my birthday month; also in the following:

The Inner Circle

*Underground
the train rattles,
shudders, stops
in the darkness
of nowhere.*

*Reflected in
the window I see
an image of my
dear mother –
myself.*

Part II is dedicated in loving memory of her husband, Harry, 'his legacy of loving family and friends, this house and garden, the sound of his music in my heart', and contains thoughts on life, death, the mixed blessings of approaching age, and the miraculous wonders of new birth – that of her granddaughter as well as the annual re-birth of nature. One or two beloved friends are remembered, and there is a very moving poem – *To the Friend of my Heart*.

This is a lovely meditational booklet of poems which everyone could value, but especially those who are experiencing, or facing, bereavement.

Rosalind Smith

AN EASTER TAPESTRY

*With thee I share a love
for all things beautiful,
hand-made, man-made in paint,
in poetry, in music and in song.*

*With thee I share a love for
all things growing and glowing,
for flowers and trees breathing
out the breath of life.*

*With thee I share a love for
friends and laughter, springing
and singing in our hearts and minds.*

*With thee I share our tears
for all who suffer man's
inhumanity to man and animal.*

*With thee I share our worship,
silently in loving reverence for
Life and the Source of All.*

Anne Smith
(from *Woven with Words – Part II*)



FFH PUBLICATIONS

Available from Alan Pearce, 15 East Street, Bluntisham, Huntingdon, Cambs. PE28 3LS. Tel: 01487 741400. Please add postage. Cheques to be made out to the Friends Fellowship of Healing.

- Valerie Cherry – *Grief Experienced* £1.00
 Joan Fitch – *Handicap and Bereavement* £1.00
 Kitty Grave – *A Pool of Quiet – meditations for a month* £1.20
 Joanna Harris (ed.) – *The Healing Power of Laughter* New edition £1.40
 – *Mourn us not* £2.00
 – *In Praise of Claridge House* £2.50
 Joanna Harris & Alan Pearce (eds.)
 – *Quakers & Healing Today* £2.00
 David Hodges – *George Fox and the Healing Ministry* £3.50
 – *Science, Spirituality and Healing* £2.25
 – *Seeking to Heal?* £1.20
 Louie Horne – *A Closeness of Living: the spiritual legacy of Louie Horne* £2.00
 Jim Pym – *What kind of God, what kind of Healing?* £1.00
 Anne Smith (ed.) – *Friends Find Words...* £2.50
 – *In Praise of Lattendales* £2.50
 Rosalind Smith – *Simple Healing* £1.00
 – *Quakers & the Spiritual/Psychic Dimension* £1.20
 – *Meditation and Contemplative Prayer* £1.50
 Elizabeth Stubbs (ed.) – *Coming Through the Darkness* £1.50
 Mavis E. Timms – *Lift Up the Stone* £2.00
 Monica Stafford – *An ordinary woman's journey on the mystical path* 90p

The Postal and Phone Link Groups give prayer support to people seeking reassurance and healing. Some members have joined these groups because they are physically isolated by handicap, age or geography. Others may already belong to a local healing group and are able to give additional commitment by also belonging to one of the postal or phone link groups, or are simply committed to the power of prayer.

All are welcome to join. If you would like to help in this way, please write to the Postal Co-ordinator (*Sylvia Edwards, address on back of TW*) with a few details about yourself. Your letter will be passed on to one of the group secretaries who will then contact you direct and give you the names of two or three people to uphold in prayer regularly.